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Students Mark-Anthony Sharphead, left, Tamara Blesse, centre, and Leoj Stevens.
JEREMY SIMES/METRO



Subsidizing Uber, taxis 'just not feasible'

TRANSIT

Riders speak out against partnership talks with city



Jeremy Simes
Metro | Edmonton

When Michelle Peters-Jones gets onto a bus, she normally brings her baby in a stroller, her other school-aged kid and a couple of bags.

She can't fathom how everyone and everything would fit into an Uber car, considering it could be her only option if routes get cut in Edmonton's suburbs.

"It's just not feasible," she said. "I don't really want to put my baby's life in the hands of a driver whose training I don't know about. Bus drivers have training and I feel safer travelling in (buses)."

Peters-Jones' concerns come at a time when Edmonton's transit

system is at a crossroads.

As part of a massive reorganization, city planners have proposed increasing service in core communities and reducing the frequency of low-ridership buses in the suburbs. But one big question has arisen: how can transit continue to serve riders in far-flung routes effectively?

The answer could be subsidizing Uber, taxis or other ride-share operators to get people around, suggest city officials.

But how do riders feel?

Peters-Jones said transit users with limited mobility would be put in precarious situations.

The possible partnership with ride-share companies also comes on the heels of Edmonton Transit reducing and cancelling a handful of routes starting July 2, added transit customer John Turnbull.

He's concerned removing suburban routes will discourage people from taking transit. His route, the No. 180, will see service reduced. "Some people are going to have to walk easily a mile to catch a bus," he said.

'The textbooks are useless'

Indigenous youth think schools need to do a better job telling the whole story

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Rewrite the history books, students say

INDIGENOUS ISSUES

Teachers still learning, admit school officials



Jeremy Simes
Metro | Edmonton

When it comes to Indigenous education, students and public-school officials in Edmonton acknowledge there's still a gap to fill.

"The textbooks are useless," said Grade 11 student Mark-Anthony Sharphead, referring to social-studies class.

Sharphead helped lead an event Friday marking the second anniversary of the Truth and Reconciliation Commission's milestone report.

The report includes 94 calls to action to redress the legacy of residential schools and advance reconciliation efforts. This includes changing the school curriculum to teach students about the abuse that went on in the schools, which has caused severe multi-generational trauma.

Although Edmonton schools are making strides, more work needs to be done, said Melissa Purcell, supervisor of First Nations, Métis and Inuit education with Edmonton Public Schools.

"We know we need to do



From left: Students Mark-Anthony Sharphead, Tamara Blesse and Leoj Stevens think Edmonton needs to do a better job teaching Indigenous education. JEREMY SIMES/METRO



It should be in the back of everyone's head.

Tamara Blesse

more, but our staff are still learning," she said.

"I know our teachers are bringing in residential-school education to all grade levels

and all classrooms and learning more to share that knowledge and bring in community members."

But it would be wise for provincial officials in charge of changing the curriculum to completely re-write the history books, said Leoj Stevens, a recent graduate.

"(The textbooks) show the history of Canada, but not entirely," he said. "It shows a good page, but I definitely

learned more when I attended other classes like Aboriginal studies."

The province is currently overhauling the curriculum. Parts of that will cover Indigenous history and culture.

"This is Canada's history, and let's respect that," said Tamara Blesse, who recently finished high school. "It should be in the back of everyone's head. It should be talked about."

COMMUNITY

Province budgeting \$20M for playgrounds

Alberta is budgeting \$20 million over the next four years for playgrounds for new schools with young children.

Premier Rachel Notley made the announcement in Calgary on Sunday, saying playgrounds are part of a well-rounded education.

New schools for students in kindergarten to Grade 6 will be eligible for grants up to \$250,000.

The grants will be retroactive to 2014, so that more than 50 previously announced schools will be eligible.

Notley says the playgrounds go beyond just the children. She says parents meet and

form relationships as they watch their kids at play and that playgrounds become focal points for strong communities.

"I can speak personally (about this)," said Notley.

She says the people she met at playgrounds when her children were young were with her when they watched the kids graduate from high school.

"(They) are part of our community and part of our life even today," she said.

"It's that kind of community we need to support and build across this province."

THE CANADIAN PRESS

COURTS

Shipping-container scam brings charges



Alex Boyd
Metro | Edmonton

Two former employees of an Edmonton storage company are facing charges after allegedly defrauding the company of more than \$400,000.

Police have charged Adelheid (Heidi) Baxter, 57, and Travis Roe, 40, with fraud over \$5,000.

A police investigation found that between June 2012 and February 2014 someone was fraudulently selling off shipping containers, worth \$2,000 to \$5,000 each, belonging to

a west-end storage company.

"The storage company didn't find out what was happening until their accountant uncovered an invoice that was unpaid. When they followed up on this invoice, they found out that the purchaser didn't exist," said Det. Linda Herczeg of the Economic Crimes Unit in a release.

"The fraudulent invoice was used to purchase shipping containers that were then sold through a separate company."

When the discrepancies were discovered in February 2014, both employees were fired and the company contacted police.

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'Everyone's just different here'

EDUCATION

Students find a support system at inner-city high school

Kevin Maimann
Metro | Edmonton

Regular high schools don't work for everyone.

The Boyle Street Education Centre, celebrating its 20th anniversary this spring, is designed to catch Edmonton teens who slip through cracks in the public system.

"Everyone's just free to be at their own level and it doesn't feel like pressure to fit in or anything," said 18-year-old Boyle Street student TheaDora Harness. "Everyone's just different here — there is no normal."

The inner-city school serves students dealing with mental health challenges, unstable housing or other forms of trauma, and provides a wide range of supports that other schools don't.

It celebrated its anniversary over the weekend with an event featuring musical performances by past students.

Harness said it's the first school where she's felt like she is seen.

"There's a lot of extra supports, all the teachers are super nice. Everything is just easy to access. If I need help then there's a youth worker and there's a counsellor," Harness said.

"Everyone is really understanding if I'm not feeling up to working that day. If I'm just going to therapy and crying in class,



Boyle Street Education Centre high school students pose with assistant principal Huiy Tang, far right, and principal Mavis Averill, back right. **The high school celebrated its 20th anniversary this spring.** KEVIN MAIMANN/METRO

nobody holds it against me."

Harness has taken advantage of programs like animal-assisted therapy, talking circles, yoga, improv and daily free lunches.

Principal Mavis Averill has been with the school since its



If you don't have a home to go to at night, it's pretty hard to pay attention to your classes.

Mavis Averill

inception, starting out as an English teacher.

At that time, it was run out of the basement of Boyle Street Community Services, for adult clients facing homelessness who kept bringing their kids to the

centre.

"It started out just to fill an obvious need. Because for whatever reason (the students) weren't accessing the public school systems," Averill said.

The centre got charter status 12 years ago and moved into a nearby building where it takes in 130-140 students every fall, aged 14-19, and more throughout the year.

Some stay, but many don't. Keeping students engaged is one of the school's biggest challenges.

"You can never let up," Averill said.

Each student undergoes an intensive intake process to determine the supports they need, and teachers focus heavily on life skills as well as curriculum.

Teachers are also skilled at de-escalating conflict, a necessity given the school's population.

"There's so many aspects in getting a student ready to learn," Averill said. "If you don't have a home to go to at night, it's pretty hard to pay attention to your classes."

Even after 20 years, she said working at the school is a constant learning curve.

Only seven or eight students graduate with their diploma each year, but when they do, the whole school community feels a sense of accomplishment.

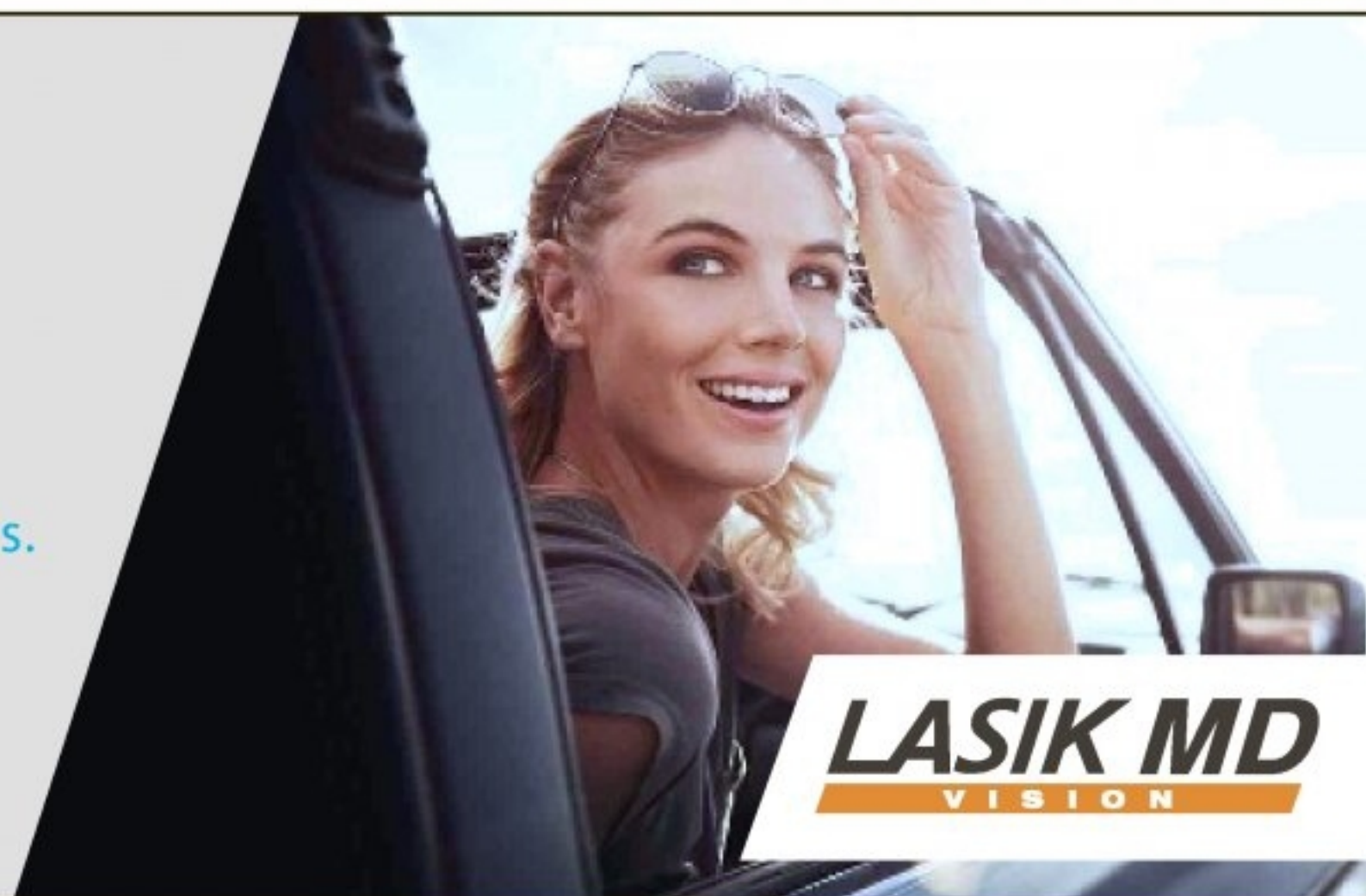
"Any time that you can support a student to complete something, it's great. Because completing something is what raises your self-esteem," Averill said.

"That's what builds your sense that you can have some impact on your world, as opposed to just dealing with how the world impacts you. That's a really major shift in a person's self."

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'We're gonna be all right'

MANCHESTER

An emotional Ariana Grande performs at benefit concert

Ariana Grande has paid tribute to the victims who died at her Manchester concert with an all-star affair in the city with the help of Katy Perry, Justin Bieber, Liam Gallagher, Miley Cyrus and others.

Grande emerged onstage for the One Love Manchester concert Sunday. She appeared teary-eyed and emotional as she performed her hits "Be Alright" and "Break Free."

She told the audience, "Manchester, we're gonna be all

right."

Before her performance, she and her dancers held hands in solidarity.

Grande sang multiple times throughout the three-hour-plus show, even duetting with Miley Cyrus, the Black Eyed Peas, Mac Miller and the Parrs Wood High School Choir, one of the show's strongest moments.

Other performers featured were Coldplay, Pharrell Williams, Take That, Imogen Heap, Robbie Williams, Marcus Mumford and more.

The concert raised money for victims and those injured in the suicide bombing that struck at Grande's May 22 show. Twenty-two people were killed and dozens more were injured.

THE ASSOCIATED PRESS



Ariana Grande performs on stage on Sunday in Manchester, England. GETTY IMAGES

CANADA 150

Ottawa learns from tragedy



Ryan Tumilty
Metro | Ottawa

As Ottawa prepares for thousands of visitors to cram into downtown streets for Canada 150 events, Mayor Jim Watson said the police will take away lessons from the attack over the weekend in London.

But the mayor cautioned there is no way to for the city to be completely safe.

"When you see a tragedy take place in London ... you begin to think could that happen here, and sadly the answer is yes," said Watson. "There is no 100 per cent solution to terrorism."

Watson said he was saddened by the events in London, especially as news broke that a Canadian was among the dead. He said it also serves as a reminder of the danger.

The police in Ottawa work closely with other law enforcement agencies and, Watson said, they learn from tragedies overseas. He also encouraged residents to be watchful.

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Christine Archibald and her fiancé Tyler Ferguson. Archibald was identified as the Canadian woman killed in a terror attack on London, England. FACEBOOK

DETAILS

12 arrested after attack

British police arrested a dozen people Sunday in a widening terrorism investigation after attackers using a van and large knives turned a balmy evening of nightlife into a bloodbath and killed seven people in the heart of London. Daesh claimed responsibility.

Although the attackers were also dead, authorities raced to determine whether others assisted them, and Prime Minister Theresa May warned that the country faced a new threat from copycat terrorist attacks.

The county's major political parties temporarily suspended campaigning with only days to go before the general election. May said the vote would take place as scheduled Thursday because "violence can never be allowed to disrupt the democratic process."

The assault unfolded over a few terrifying minutes late Saturday, starting when a rented van veered off the road and barrelled into pedestrians on busy London Bridge. Three men then got out of the vehicle with large knives and attacked people at bars and restaurants in nearby Borough Market until they were shot dead by police.

"They went 'This is for Allah,' and they had a woman on the floor. They were stabbing her," witness Gerard Vowls said.

London police said officers killed the attackers within eight minutes of arriving at the scene. Eight officers fired some 50 rounds, said Assistant Commissioner Mark Rowley, the force's head of counterterrorism. THE ASSOCIATED PRESS



Counterterrorism officers march near the scene the attack on Sunday. DAN KITWOOD/GETTY IMAGES

Family remembers London victim

TERRORISM

B.C. woman identified as Canadian killed in attack

A Canadian woman killed in the terror attack that left seven people dead in London was remembered Sunday as someone who had a big heart and respected everyone.

Family members say Christine Archibald, 30, from British Columbia was a victim of the attack on London Bridge and in the bustling produce market nearby.

The attack began at about 10 p.m. local time Saturday, when three men drove a van into ped-

estrians on London Bridge, police said.

The attackers, wielding blades and knives, then ran down a set of stairs into Borough Market where they stabbed people in several different restaurants.

Her family in Castlegar, B.C. released a statement Sunday through the Canadian government saying Archibald worked in a homeless shelter before she moved to Europe to be with her fiancé Tyler Ferguson.

"She had room in her heart for everyone and believed strongly that every person was to be valued and respected," the statement said. "She would have had no understanding of the callous cruelty that caused her death."

The family asked that people



She had room in her heart for everyone and believed strongly that every person was to be valued and respected.

Christine Archibald's family

honour her memory by making the community a better place.

"Volunteer your time and labour or donate to a homeless shelter," the statement said. "Tell them Chrissy sent you."

The Canadian government is advising citizens to be vigilant in the wake of the attack. The government and diplomats on the ground in London are advising travellers to avoid the affected areas, follow the instructions of local authorities and monitor local media.

Governor General David Johnston tweeted about the attack, calling it "evil and senseless." He said he was "heartbroken to learn that a Canadian is among those who lost their lives."

Prime Minister Justin Trudeau said Canada would stand with the U.K. in the fight against terrorism.

"We grieve with the families and friends of those who have lost loved ones, and wish all those injured a speedy and full recovery," Trudeau said. "Lon-

doners and people across the United Kingdom have always displayed strength and resilience in the face of adversity. We recently witnessed this after the attacks in Manchester and in the Westminster area of London. This time will be no different."

Opposition leader Andrew Scheer said in a written statement Sunday that Canada and the U.K. have historically stood "shoulder to shoulder" against threats.

"I do not want to see my children grow up in a world where they are afraid to go to the mall, or a concert, or travel the world," Scheer said. "This is why Canada, and our allies, must be fully committed to confronting and destroying this terrorist threat."

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THE QUESTION How do I explain to my son why he wasn't mentioned in grandma's obituary?

Dear Ellen,

I was in a relationship with an individual who went from drinking to drugs and gambling. When our son was five, I asked him to move out. A year later he committed suicide. His mother made an effort to keep in touch, and my son spent summer breaks with her when he was little and enjoyed his time with her a great deal. His grandpa would say hello to him, but conversations did not go much further. My son's aunt took him for lunch once. His uncle asked me to drop my son off for a visit occasionally, which I always did. I felt it important for him to know his father's family. About four years ago we stopped hearing from any of them. I recently learned that grandpa died three years ago, and grandma died a month ago. My son was not notified, nor was he mentioned in either obituary. He is very hurt. I don't understand how anyone could be that mean to a child. Should I say something?

Donna

Dear Donna,

Please accept my heartfelt sympathy for you and your son. It's sad enough he lost his father. But for his aunt and uncle not to tell you about his grandparents' deaths, and then to ignore your son's existence in the obituaries, is not merely rude, it's cruel.

The cruelty may or may not have been intended. Maybe they mistakenly assumed you were the one who cut off contact. Or they're following their late parents' misguided

wishes in avoiding contact. At worst, they don't want to share a portion of the estate. At best, perhaps your son is too painful a reminder of their poor dead brother. It doesn't matter. They are adults. Their pain doesn't give them the right to inflict pain on a child, or trump a son's right to be acknowledged. I'd even argue they're hurting themselves by cutting off communication — indulging in a form of denial likely to hinder their own efforts to get past it.

Your situation is more complex, but it speaks to a common etiquette problem with couples who split.

Friends and family pick sides, and then shun the children as well as the ex-partner — feeling morally superior to the "bad ex," while blithely inflicting pain on innocent children who also suffer the searing effects of that shunning. I always remember the wise words on this subject in the classic teen movie *Clueless*. Cher (Alicia Silverstone) is complaining to her father (Dan Hedaya) about having to spend time with her step-brother: "But you were hardly even married to his mother and that was five years ago. Why do I have to see Josh?" He stands firm: "You divorce wives, not children."

For your own sake, and your son's, you can still do the polite thing, and send a sympathy card. Tell your son's aunt and uncle how sorry you were to hear about their parents' deaths, mention how much your son enjoyed time with his grandmother when he was young, and wish them the best.

Don't expect a reply. The point is that you will feel better for having done the right thing, and the door will be open if they ever want to resume contact.

Need advice?
Email Ellen:

askellen@metronews.ca



Art by Ani Castillo

VICKY MOCHAMA

No one told Mavis Otuteye she did not have to die that way

Mavis Otuteye wanted to meet her new grandchild. She never got there. She died of hypothermia while walking into our country.

Her death is an indictment of a national and global failure to respond meaningfully to the worldwide migrant crisis. Yet, a clear and concerted strategy seems to be far away.

Otuteye, a Ghanaian woman, had been living without a valid visa in the States since 2006. In light of the Trump administration's crackdown on undocumented persons, it is reasonable that she would not want to make herself known to immigration authorities. A danger of living without papers is that a chance incident can lead to one's removal. With the knowledge that asylum claimants would be turned away at official border crossings because of the Safe Third Country Agreement (STCA), it is still more plausible that walking across the border made the most sense to Otuteye.

However, the CBC reports Otuteye would have been allowed under the STCA because her granddaughter is a Canadian citizen. The accord has a number of compassionate grounds on which migrants can cross between borders.

Having told no one of her plan, Otuteye was unaware of her options.

What is contained in words and documents is far different to the reality on the ground. The terms of the STCA and a tweet from the prime minister welcoming refugees are part

of a world of misinformation that puts migrants, especially undocumented ones, in danger. There is a world of ad-hoc systems, reliance on rumours, opportunistic scammers and ever-shifting legal paradigms.

Yet Canadian and international governments have not been able to provide migrants with any clarity.

Reports on the recent G7 summit in Italy overlooked the inability of world leaders to come to an agreement on the global migrant crisis. Because of American recalcitrance, the summit instead released a short statement acknowledging the problem but shifting responsibility back to individual countries. With Donald Trump in office, an international version of "Refugees Welcome" seems unlikely.

This will not stop the flow. After much pretence to public safety, Trump has finally tweeted that the executive order dubbed a "travel ban" by many is exactly that.

Still, the Canadian government insists it will not change the terms of the STCA. In Europe, the Guardian reports that the death rate for migrants crossing the Mediterranean has doubled. Meanwhile, the far-right has crowd funded enough money for a boat to intercept search-and-rescue boats there.

Whether we take action on it or not, the global migrant crisis is happening. Without a unified humanitarian solution, more migrants will continue to die like Mavis Otuteye: cold and alone.

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When 34-year-old millionaire and luxury property developer Tim Gurner declared that millennials' dreams of homeownership are toast unless they rein in their spending on "smashed avocado for 19 dollars and four coffees at four dollars each," the backlash was fierce.

And it was not just because of his tone-deaf assertion cash-strapped 20-somethings struggling with student debt could save for a home simply by scrimping and pinching.

Gurner seemed to assume a house should be part of everyone's financial plan.

Alex Avery, CIBC analyst and author of *The Wealthy Renter*, told Metro that for many young people, buying doesn't make sense (and it has nothing to do with spending money on fattening

breakfast foods).

Although interest rates are low, Avery explained, house prices are high and people already have a lot of debt. And although a mortgage forces you to save, renters can replicate that in other ways.

"There isn't one prescription for everyone," Avery said. But, "There is no amount of logic, facts or supporting evidence that will convince a truly passionate homeowner that there's any better investment than home ownership."

We spoke to two long-term renters from different life stages who could have bought, but likely never will. They had some great insights for those who are trying to decide between buying their first home or continuing to eat toast. (We kid!)

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The average cost to get into the home market in Edmonton

SOURCE: THE CANADIAN REAL ESTATE ASSOCIATION

John Plumadore, 68

City: Toronto **Rent:** \$1,738/month (two bedrooms) **Occupation:** Retired John Plumadore has never owned property. He retired seven years ago from Scouts Canada, and lives with his partner in a high-rise complex in midtown Toronto, where homes typically sell for \$1.5 million.

"I have chosen to rent because I want to be close to the subway and the downtown core, in a fairly nice area of the city," Plumadore said.

Graham MacFarlane, 31

City: Edmonton **Rent:** \$1,500/month (two bedrooms) **Occupation:** Occupational health and safety

Graham MacFarlane believes he could have bought a home by now if he put his "nose to the grindstone." But as a renter, he lives in a nice two-bedroom Edmonton duplex that is within walking distance to his workplace, he's saving money, and has the freedom to move any time.

"It bothers me, the culture that

RENTER #1

"The advantages are that you don't have to be putting money into repair, maintenance or additions. Anything needs fixing, the landlord fixes it.

He said he chose to use the 20 years of savings he would have put into the upkeep of a house into an RRSP for retirement. "Maybe I'd be a better position today, but who knows?" he said. Will he ever buy? "Not unless I win a lottery ticket" — and maybe not even then."

RENTER #2

surrounds this," MacFarlane said. There was a time when he dreamt about homeownership, too. "In my mid-20s, I went back to school to change careers, and that was of course an expensive experience.

"I was just despairing. How am I going to get out of this? Will I be able to afford a home before I'm 50?"

But after he got a job in his field and started paying down his debt, he started rethinking his goal. Renting, he said, isn't what people think. "Renting and spending your money on beer isn't responsible. But renting and saving and investing is a better plan than gambling all your eggs your home in your equity."



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Got a raise? Beware of 'lifestyle creep'

PERSONAL FINANCE

How much inflation to your lifestyle can you afford?

Lifestyle creep, or lifestyle inflation, is when you spend more as your income grows. It's not inherently bad. The trouble comes when you move to a bigger apartment or buy a newer car that eats up all the extra money your raise provides.

Making more money should be an opportunity to build wealth and protect yourself from inevitable financial setbacks. Follow these steps and you'll forgo excessive lifestyle creep for, simply, a good life.

Give your money a destination

As soon as you learn a raise is coming, decide how to allocate it.

"Being intentional is absolutely essential," says Philip Olson, a certified financial planner in Austin, Texas. "Otherwise, it's just going to fall through your fingers."

Estimate your new take-home pay using a salary calculator. A large raise can put you in a higher tax bracket, which might mean a smaller paycheck boost than you expected. Suppose you'll earn \$200 more per month after taxes. One option, Olson says, is to go 50/50: Spend half your raise, or \$100, on whatever you want each month. Put the other \$100 toward financial goals such as savings and paying down debt.



Open a new savings account and name it "beach bungalow" to stay motivated to save. ISTOCK

Assess your financial security

What exactly should you do with the financial goals portion? It depends where you stand on the basics. If you were living paycheck to paycheck and have no savings cushion, send all the extra money to a savings account specifically for emergencies. That will provide backup if, for example, a larger-than-expected bill arrives in your mailbox. Continue adding to your emergency fund, while working toward the other goals below, until you have the equivalent of three to six months of basic expenses saved.

Your next priority should be to pay off high-interest debt. Credit cards in particular typically have higher interest rates than student loans, auto loans or mortgages. The longer your credit card balance grows with interest, the harder it will be to get rid of, which will take a bite out of your future earnings.

ings.

Finally, it's ideal to save 10 to 15 per cent of income for retirement. A retirement calculator will let you know if you're on track. Get closer to that guideline by increasing your contributions at work or opening an individual retirement account.

Hide savings from yourself

Since it will probably be harder to save than to spend, set up automatic transfers so you avoid having immediate access to the money. Time your emergency fund and individual retirement account transfers so they occur the day after you're paid.

Olson recommends opening new savings accounts for other goals, too. If you decide to save \$50 per month in a house fund, name it "Beach Bungalow." The goal is to reward yourself now while also building excitement for the future — and keeping your spending in check.

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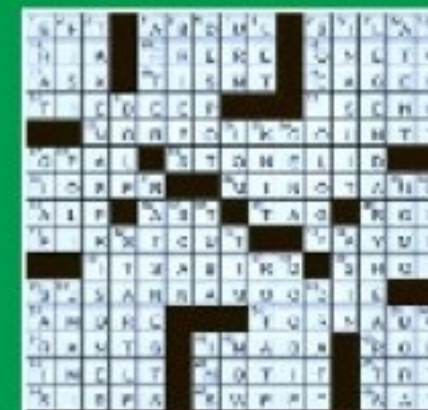
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9	2	1	8	5	4	7	6	3
6	7	5	9	3	1	2	4	8
3	4	8	2	7	6	9	5	1
2	1	7	3	4	5	8	9	6
4	8	3	1	6	9	5	2	7
5	9	6	7	8	2	1	3	4
7	5	4	6	9	8	3	1	2
1	3	9	4	2	7	6	8	5
8	6	2	5	1	3	4	7	9

Growing strawberries faster, sooner

PRODUCE

Enjoy fresh berries on the same day they are picked

Owen Roberts
Urban Cowboy



It's date night. And it's all about making an impression.

You're eating in, and as a special treat, you meticulously prepare chocolate-dipped strawberries for dessert. You sweeten the deal by pairing them with a sparkling wine. Nice touch.

But as soon as your date takes the first bite of her strawberry, the thrill is gone. Because beneath that sweet-looking red exterior is a bland tasting, imported U.S.-grown berry.

It was picked as many as 10 days earlier, and spent hundreds of kilometres travelling in a truck from California or Florida.

Given such conditions, it's no wonder every June consumers are bursting with anticipation for luscious, field-grown Ontario strawberries, at pick-your-own farms or markets.

The season can't start too soon. Through the years, plant researchers at the University of Guelph and elsewhere have worked to develop hardier, quality varieties with great flavour and a longer growing season.

These varieties are called day-neutral strawberries, so named because they flower throughout the growing season — unlike some traditional strawberry plants, which flower only once a season, during May and June.

And lately, the Ontario strawberry season is being



Even during winter months, Date Night strawberries are fresh, local and about twice as sweet as their American counterparts. When the time's right, they are gingerly picked by hand at harvest. COURTESY ORANGELINE FARMS

FARM links

Poll question:
What's the best way to eat Ontario strawberries? Tell us at metronews.ca



Duffy Kniaziew, left, and his brother Jordan pioneered a technique to successfully grow sweet, juicy Ontario greenhouse strawberries. COURTESY ORANGELINE FARMS

extended right through the winter, thanks to production in Canada's greenhouse capital, Leamington.

There, first-generation family farmers Jordan and Duffy Kniaziew of Orangeline Farms and their company Zing! Health Forward have pioneered a technique to successfully grow sweet, juicy Ontario greenhouse strawberries — marketed as Date Night Berries — all the way from November through to May.

And there's no mistaking them for U.S. imports.

"The flavour literally explodes in your mouth," Jordan says.

Even during winter months, Date Night berries are fresh, local and about



THE FUTURE of FARMING

Glass is a key to growth

Ontario also enjoys winter cucumbers, tomatoes and peppers, thanks to a vibrant and growing greenhouse industry. It now involves 200 farmers and nearly 2,900 acres of greenhouses. In March, the province invested \$19 million in a greenhouse innovation program, to encourage further investment in greenhouse technology and boost productivity.

Strawberries are truly a superfood

Strawberries are an excellent source of vitamin C — just one serving contains about half of a person's daily requirement. Vitamin C is a proven antioxidant, and strawberries are among the top 10 fruit and vegetables for antioxidant content. As well, eating more fruit and vegetables helps decrease the risk of obesity.

twice as sweet as their American counterparts. On what's

called the Brix scale, which measures sweetness on a

range from one to 20, Date Night Berries check in at 10 to 12 units. That reading compares well to imported berries at six to seven units.

The Kniaziew's berries are grown in a unique manner as well, with elevated growing gutters and an umbrella canopy. Humidification and cooling protection systems help extend the growing season, and LED lights give production a boost.

Then, when the time's right, they are gingerly picked by hand at harvest.

"We treat every berry like a newborn," Jordan says.

In fact, in many cases, the Zing! strawberries served on date night have even been picked the same day. At the most, they're three days from

their harvest date. Compare that to winter berries from the U.S., which typically spend more than a week in a truck. They're bred mainly for transportability, not taste.

Recently, other Ontario greenhouse growers have started following Orangeline's lead, meaning the winter berry market here is bound to expand.

For being pioneers and blazing the winter strawberry trail, Date Night Berries have received an Ontario Premier's Award for Agri-Food Innovation Excellence.

Owen Roberts is an agricultural journalist at the University of Guelph. Follow him on Twitter at @TheUrbanCowboy.



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HEALTH AND BEAUTY

Fighting summer for healthy skin

Exposure to summer sun can dry out the skin resulting in wrinkles and fine lines radiating from the eyes — but there are ways to mitigate the effects. Long, hot summer days present their own unique challenges for maintaining healthy, succulent, great-looking skin, according to New Roots Herbal scientific team member Gord Raza, BSc (Biology) Acadia University.

"While exhaustive ingredient lists for many skincare products contain potentially harmful emulsifiers, synthetic preservatives, and surfactants (foaming agents), incorporating pure, natural, and organic oils into your skin-care regimen makes sense," he says. "Discover how



STOCK

all of our natural exotic oils can make you feel and look comfortable in your own skin this summer." Those include:

Acidophilus Ultra: Daily probiotic protected by our natural water-based PH⁵D enteric coating to support intestinal health.

Argan Oil: Lightweight, fast-absorbing oil for daily moisturizing that deeply hydrates dry skin, hair, and nails.

Cranberry Seed Oil: Rich in antioxidants; vitamins A and E; as well as omega 3, 6, and 9, this anti-aging oil that will deeply hydrate, smooth, and tighten your skin.

Liver: promotes liver cell regeneration and detoxification while protecting it from the effects of alcohol and environmental toxins.

Wild Oregano: offers an antiviral, antibacterial, and antifungal protection that will help

fight colds, the flu and many other infections.

Seabuckthorn Seed Oil: nutrient-rich moisture that absorbs harmful UV rays and protects the skin.

But that's not all, Raza adds, as there are also exotic oils that also carry many benefits, including:

Rosa Mosqueta (Rosehip) Seed Oil: a fast-absorbing botanical that increases collagen and elastin levels within the skin for a revitalized look and feel.

Goji Seed Oil: delivers similar benefits for increased elasticity of the skin to minimize the appearance of wrinkles.

Cold-pressed organic Argan Oil: rich in vitamin E and Linoleic acid, is renowned for improving the elasticity of the skin and protecting skin-cell membranes from oxidative stress.

Baobab Oil: boasts a similar fatty acid profile, with benefits such as hydrating the skin and serving to soothe inflammatory skin conditions.

All of these products are available at Simply Health, an Edmonton and area health store with several locations known.

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- Fast-absorbing, leaving skin firm and smooth, with an even color and tone



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Don't suffer in silence with incontinence

Accidental bladder leakage is a major problem to the health and well-being of millions of people worldwide.

Despite being treatable and manageable, many people think it is a normal part of aging and either don't seek help or suffer in silence.

"Incontinence remains something that's not talked about, we need to change this in order to allow people to benefit from the help and support they need to improve the situation," says Dr. Adrian Wagg, head of the Division of Geriatric Medicine at the University of Alberta.

Dr. Wagg is one of the world's leading experts in incontinence and runs a continence clinic at the Glenrose Rehabilitation Hospital.

His research focuses on improving the quality of life of individuals with urinary incontinence.

"We aim, as part of our research pro-



CONTRIBUTED

gramme and clinical service, to find ways in which people of all ages can benefit from treatments for incontinence and to find new ways of treating the problems which lead to incontinence."

Juicing deliciousness from start to finish

Spawning the growth of healthy nutritious superfoods through sophisticated technology is just the beginning for an Edmonton duo who is juicing deliciousness from start to finish.

UrbanLeaf — Edmonton's Indoor Vertical Farm — is growing, harvesting, juicing and packaging their own healthy wheatgrass SuperShots and it's all done locally, according to co-owner Mark Farrugia.

"We launched earlier this year with the aim to provide high quality, naturally nutrient dense frozen juice products in a convenient, easy-to-use package using the highest quality of ingredients," he explains.

Farrugia and his business partner — who both come from a tech background — started building, planning and developing their innovative new venture six months ago.

"We leverage state-of-the-art LED lighting and computerized environmental control systems that emulate Mother Nature by creating the most nutritionally optimal growing conditions for our plants."

UrbanLeaf's wheatgrass has a sweet taste and its benefits are endless, including a natural energy lift that lasts all day.

"It's quite simply a top shelf superfood



CONTRIBUTED

that is an effective nutrient boost as it contains all minerals known to man, including Vitamins A, B-complex, C, E, I and K. It's also extremely rich in protein," Farrugia adds.

Since launching four months ago, the company has partnered with eight retail locations, including Glow Juicery who is selling the Wheatgrass SuperShots in five locations and plan to expand to all 11 locations across Canada. Stay tuned for two new SuperShot flavours — Ginger and Turmeric.

For more information, please visit urbanleaffarms.com.

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The playing days of former Toronto Raptor Chris Bosh appear to be over after doctors ruled that the Miami Heat player has too many blood clots



Jays rally to edge Yanks

MLB

Toronto wins to tie series after Donaldson hits homer in 8th

Josh Donaldson celebrated his bobblehead day with a solo homer in the eighth to give the Toronto Blue Jays a 3-2 win over the New York Yankees on Sunday.

The third baseman hit his sixth of the season off reliever Tyler Clippard (0-3) to lead off the bottom of the inning. The ball left his bat at 100 m.p.h. and travelled 384 feet to right centre-field to the delight of the sellout crowd of 46,782 with the Rogers Centre roof closed.

Trailing 2-0, the Blue Jays tied it up on Justin Smoak's two-run homer in the sixth. Toronto (28-29) wrapped up its 10-game

SUNDAY In Toronto



homestand at 7-3. Next stop is Oakland followed by Seattle.

New York (33-22) finished its seven-game road trip at 3-4. The Yankees return to the Bronx to host Boston and Baltimore.

The game, which drew long lineups hours before first pitch because of the bobblehead giveaway, was a matchup of talented young pitchers with hard-throwing Luis Severino for the Yankees and Marcus Stroman for the Jays.

Rookie colossus Aaron Judge showed there's more to his game than the long ball as the Yankees opened the scoring in the fourth.

Brett Gardner made it 2-0 in the sixth when, with men on first



Toronto's Josh Donaldson (right) is congratulated after hitting a solo home run against the Yankees. FRANK GUNN/THE CANADIAN PRESS

and third via a single, walk and sacrifice fly, Matt Holliday beat Devon Travis' throw to first to negate a double play.

After Kendrys Morales singled with two outs in the sixth, Smoak tied it up with one swing as he hammered Severino's 84th pitch of the day over the centre-field

fence. Smoak's 14th of the season, ended a 15-inning scoring drought at the hands of the Yankees. It was the first homer given up by Severino since May 7.

Toronto is 11-18 versus the American League East, as opposed to 17-7 against all other AL opponent. THE CANADIAN PRESS

FRENCH OPEN

Spaniard Busta makes Raonic pay for errors

Too many errors spelled the end of Milos Raonic's run at the French Open. The No. 5 seed from Thornhill, Ont., was upset by Pablo Carreno Busta of Spain 4-6, 7-6 (2), 6-7 (6), 6-4, 8-6, and committed a whopping 84 unforced errors in the hard-slogging match that stretched four hours and 17 minutes.

Raonic advanced to the fourth round in easy fashion when Spain's Guillermo Garcia-Lopez retired from the match due to a left thigh injury. The extra rest wasn't enough Sunday however.

The 26-year-old Raonic fought off six match points before Carreno Busta finally won with a forehand volley at the net, with Raonic near the back of the court.

"I just wasn't very efficient,



Canada's Milos Raonic in Paris. THE ASSOCIATED PRESS

especially through the first three sets," Raonic said.

The Canadian will turn his attention to Wimbledon, where he reached the final last year, eventually losing to Andy Murray.

THE CANADIAN PRESS

NBA FINALS

Warriors rout Cavs to double series lead

Stephen Curry dribbled every which way and beat LeBron James to the rim in a move reminiscent of his recent MVP magic, and the Golden State Warriors grabbed a 2-0 lead in the NBA Finals by downing the Cleveland Cavaliers 132-

113 Sunday night in coach Steve Kerr's return to the sideline after a six-week absence.

Their leader and reigning NBA Coach of the Year back on the bench at last, Curry and Kevin Durant tag-teamed

the Warriors within two victories of another championship. Curry recorded his first career post-season triple-double with 32 points, 11 assists and 10 rebounds, while Durant contributed 33 points, 13 rebounds and six

assists while moving two wins from his first ring.

Golden State improved to 14-0 this post-season to keep alive a chance of becoming the first group to go unbeaten all the way to a title

THE ASSOCIATED PRESS

IN BRIEF

Holloway beats Aldo in Brazil

Max Holloway claimed the undisputed UFC featherweight title on Saturday, stopping long-reigning champion Jose Aldo (26-3) in the third round of an impressive upset victory.

Holloway (18-3) won the belt in Aldo's native Brazil with a dynamite finish.

THE ASSOCIATED PRESS

Real celebrates UCL victory

Real Madrid is celebrating its 12th European Cup with its fans back in the Spanish capital. The team met fans at a large square in the city.

Madrid beat Juventus 4-1 on Saturday in the final in Wales to become the first team to win back-to-back Champions League titles.

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MAKE IT TONIGHT

Sweet Kale and Banana Smoothie Bowl



PHOTO: MAYA VISHNIE

Ceri Marsh & Laura Keogh
For Metro Canada

Toppings

- 1 tsp chia seeds
- 1 tsp flax seed meal
- 1 Tbsp of muesli
- 1/2 sliced apple

Directions

- Place the milk, yogurt, kale, bananas and coconut oil in a blender. Whiz until smooth.
- Pour into a bowl and sprinkle with your favourite toppings.

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The sweetness of banana makes the kale all but disappear in this powerhouse breakfast.

Ready in 5 minutes

Prep Time: 5 minutes
Serves 2

Ingredients

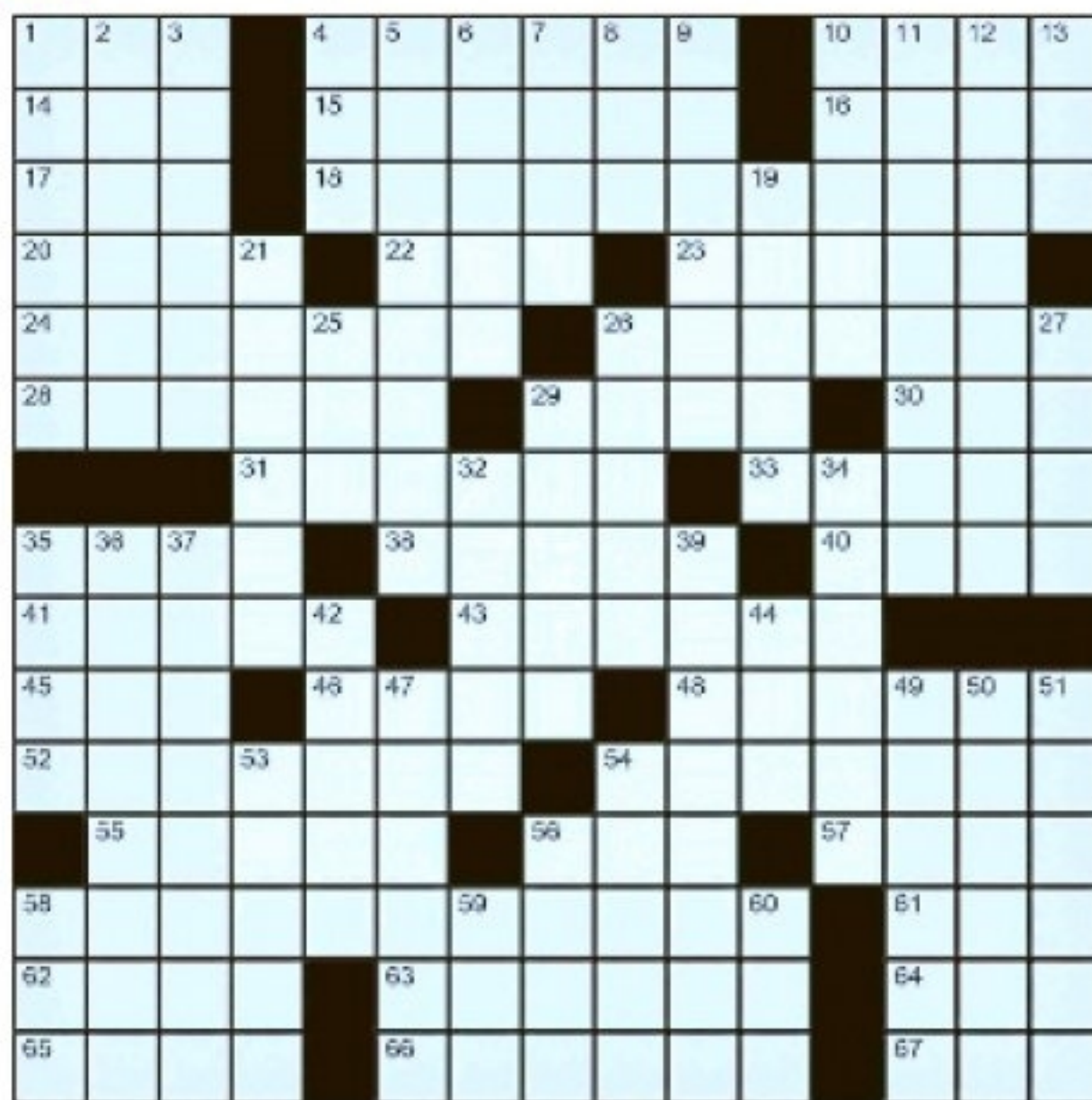
- 1/2 cup milk or coconut milk
- 1 cup Greek yogurt
- 1/2 cup chopped frozen kale
- 2 frozen bananas
- 2 tsp coconut oil, melted

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Possibilities
- Hot dog topping
- Latin "year"
- Ms. Imbruglia, to pals
- Means of approach
- Forest favourite
- "Alice" waitress
- "The Natural Place" city of British Columbia: 2 wds.
- "Torn Curtain" (1966) actress Ms. Kedrova
- Singing pair
- Bobby and Brett of hockey
- A simple process might only consist of this: 2 wds.
- Wine made in the same-named archipelago of Portugal
- Entered the edifice: 2 wds.
- New Zealand fruit
- Mr. Arnold
- Right-hand pages
- American resort Lake
- Cola
- Overseas moneys
- Doctrines
- Long circles
- Break-taking person
- Country singer Ms. McEntire, to pals
- Grammy-winning rock band from Guadalajara in Mexico
- Community in southern Ontario north of Waterloo
- Procedure



- Sprays unwanted graffiti on the wall
- Chills
- "How ya doin'?"
- Profits
- County on the Peace River in Alberta: 2 wds.
- The Company org.

- Film/dom's Ms. Fisher
- Body of water for Moses: 2 wds.
- Whichever
- Jeanne d'Arc, et al.
- Some suit fabrics
- de deux

DOWN

- of cash (Money coming in)
- Bambi's beloved
- Swiped
- Knock
- Exhibits in the courtroom
- Abate: 2 wds.
- Go detail

(Elaborate)

- Deryck Whibley's band, 41
- American country music variety show: 2 wds.
- Confuse things
- Prehistoric stone artifacts
- Anchor per-

- son's realm
- Surgery sites, shortly
- Accountant's review
- Montreal-based media company acquired by Bell in 2013
- Bond
- Fermented soybean pastes
- Quebec "souls"
- North or South country
- Revolves
- Canadian war-time hero Billy Bishop, for one
- Business firm abbr.
- Cloudy
- The whole kit and
- Like part of a church's architecture
- Sniff
- Gremlin
- Declare
- Arctic covering: 2 wds.
- Eye part
- Tries
- Closing sections in music
- Edible seaweed
- Team
- Marcia to Jan, for short
- Cleave
- Airline to Stockholm

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a good day to take care of loose details regarding issues like taxes, debt, bills, insurance matters and anything to do with shared property. Make a list.

Taurus April 21 - May 21
The Moon today is in a sign that is opposite yours, which means you have to go more than halfway when dealing with others. This requires compromise and patience.

Gemini May 22 - June 21
Take care of details that you might have let slide, especially in buying items related to health and hygiene. Get this out of the way before your week gets busy.

Cancer June 22 - July 23
Today your focus will be on children, sporting events and anything to do with the hospitality industry or the entertainment world. Work behind the scenes, but make plans.

Leo July 24 - Aug. 23
Home and family are your focus today. If you can, you will stay home today because you want to cocoon and hide.

Virgo Aug. 24 - Sept. 23
This is a busy, fast-paced day! You might meet someone new or hear something new that intrigues you. Keep in mind that you are high-viz now, especially in the eyes of bosses and parents.

Libra Sept. 24 - Oct. 23
Today your focus is on money, assets and your possessions. You might have an attachment to something and not want to lend it to anyone.

Scorpio Oct. 24 - Nov. 22
Today the Moon is in your sign, which can make you more emotional than usual. However, it also can bring you a little bit of extra good luck!

Sagittarius Nov. 23 - Dec. 21
Work alone or behind the scenes today, because you need some privacy and quiet time. You need to restore and replenish your energy.

Capricorn Dec. 22 - Jan. 20
An encounter with a female friend or acquaintance could be important today. Perhaps you need to discuss serious future plans with this person.

Aquarius Jan. 21 - Feb. 19
For some reason, personal details about your private life might become public, especially in the eyes of bosses and parents. Just be aware of this in case you have to do damage control.

Pisces Feb. 20 - March 20
Do something different today. It's the beginning of the week, and you are hungry for adventure and a chance to learn something new.

CONCEPTIS SUDOKU by Dave Green

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